

Frontiers of Knowledge in Sleep & Sleep Disorders: Opportunities for Improving Health and Quality of Life

Bethesda, Maryland - March 29-30, 2004



SPONSORED BY

National Center on Sleep Disorders Research; National Heart, Lung and Blood Institute
and Trans-NIH Sleep Research Coordinating Committee

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NIH Campus, Natcher Auditorium

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American Academy of Sleep Medicine (AASM); American Insomnia Association (AIA); American Sleep Apnea Association (ASAA); Narcolepsy Network (NN); National Sleep Foundation (NSF); Restless Legs Syndrome Foundation (RLSF); Sleep Research Society (SRS)

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Introduction

Dramatic expansion of new knowledge about the importance of sleep, the health consequences of chronic sleep deprivation, and sleep disorders has occurred in recent years. Chronic sleep loss and untreated sleep disorders have a profound and diverse impact on health, behavior, and quality of life. The health consequences of sleep disorders, sleep deprivation and excessive daytime sleepiness annually affect 50 to 70 million Americans, add approximately \$15 billion to our national health care bill, and cost industry \$50 billion in lost productivity.

The National Sleep Conference is an innovative two-day program that will assemble health care providers, public health and education experts, policy makers, patient advocacy organizations, sleep medicine specialists, and other stakeholders. The Conference will address how information about sleep and sleep disorders can translate into cost-effective, comprehensive, and broadly-applied strategies to improve all aspects of sleep-related health care.

Our challenge is bridging the gap between knowledge and effective health care. Sleep disorders are not identified in many affected individuals and many patients are therefore not receiving effective treatment.

To address this challenge, the Conference will capitalize on the unique interdisciplinary expertise of all participants to develop an action plan with high potential for improving public health and quality of life. The action plan will include steps for immediate implementation of the plan and a strategy for post-Conference monitoring.

Registration is FREE

ALL attendees MUST pre-register either online at www.sleeptranslation.com or complete the form at the back of the brochure and fax to (708) 492-0943 Attn: Meeting Department.

Please be sure to also rank order your top three choices for the Concurrent Action Group Panels.

Location

This conference will be held on the NIH Campus in the Natcher Center Auditorium, Bethesda, Maryland.

Questions

For questions regarding this conference, contact:

Al Golden, MPH
National Center on Sleep Disorders Research
Phone (301) 435-0193
Fax (301) 480-3451
Email goldena@nhlbi.nih.gov

Program of Events

Monday, March 29, 2004

- 8:00am – 8:10am Welcome and Conference Goals
Carl E. Hunt, M.D., Director, NCSDR
- Opening Comments
Barbara Alving, M.D., Acting Director, NHLBI
- 8:10am – 8:20am The Importance of Translation in Fulfilling The NIH Mission
Elias Zerhouni, M.D., Director, NIH (Invited)
- 8:20am – 8:30am Steps to a Healthier U.S.
Richard H. Carmona, M.D., M.P.H., U.S. Surgeon General (Invited)

Session 1 (8:30am – 11:15am)

Normal and Abnormal Sleep: Opportunities for Translation
Co-Moderators: Conrad Iber, M.D., President, American Academy of Sleep Medicine; Gregory Morosco, Ph.D., M.P.H., Director, Office of Prevention, Education, and Control, NHLBI

- 8:30am – 8:50am Determinants and Characteristics of Healthy Sleep: Maintaining Physiologic Homeostasis (Circadian Rhythm, Sleep Debt)
Charles A. Czeisler, M.D., Ph.D.
- 8:50am – 9:10am Prevalence of Sleepiness and Sleep Disorders
Thomas Roth, Ph.D.
- 9:10am – 9:30am Insomnia (What Is It; What Needs Translation)
Daniel Buysse, M.D.
- 9:30am – 9:50am Restless Legs Syndrome (What Is It; What Needs Translation)
Mark W. Mahowald, M.D.
- 9:50am – 10:10am Sleep Disordered Breathing (What Is It; What Needs Translation)
Stuart Quan, M.D.
- 10:10am – 10:30am Break
- 10:30am – 10:50am Narcolepsy/Hypersomnia (What Is It; What Needs Translation)
Emmanuel Mignot, M.D., Ph.D.
- 10:50am – 11:15am Discussion

Session 2 (11:15am – 2:15pm)

Normal and Abnormal Sleep: What Price Do We Pay?
Co-Moderators: James K. Walsh, Ph.D., President, National Sleep Foundation; L. Gregory Pawlson, M.D., M.P.H., Executive Vice-President, National Committee on Quality Assurance

- 11:15am – 11:35am Neurocognitive (Learning and Memory)
Robert Stickgold, Ph.D.
- 11:35am – 11:55am Performance (Accidents, Drowsy Driving)
David Dinges, Ph.D.
- 11:55am – 12:15pm Cardiovascular Sequelae
Virend Somers, M.D.
- 12:15pm – 12:35pm Obesity and Diabetes
Eve Van Cauter, Ph.D.
- 12:35pm – 1:30pm Lunch
- 1:30pm – 1:50pm Mood/Quality of Life and Psychiatric Sequelae
Ruth Benca, M.D., Ph.D.
- 1:50pm – 2:15pm Discussion

Session 3 (2:15pm - 5:00pm)

Normal and Abnormal Sleep: Populations at Risk (including under-served, under-represented populations)

Co-Moderators: *Emmanuel Mignot, M.D., Ph.D., President, Sleep Research Society; Russell Morgan, Dr.PH, President, Spry Foundation*

2:15pm – 2:35pm	Adolescents/Children <i>Mary Carskadon, Ph.D.</i>
2:35pm – 2:55pm	Older Adults <i>Phyllis Zee, M.D., Ph.D.</i>
2:55pm – 3:15pm	Break
3:15pm – 3:35pm	Women's Health <i>Kathy Lee, Ph.D., R.N.</i>
3:35pm – 3:55pm	Psychiatric Disorders <i>W. Vaughn McCall, M.D.</i>
3:55pm – 4:15pm	Substance Abuse and Alcoholism <i>Timothy Roehrs, Ph.D.</i>
4:15pm – 4:35pm	Neurological Disorders <i>David Rye, M.D., Ph.D.</i>
4:35pm – 5:00pm	Discussion
5:00pm	Adjourn

Tuesday, March 30, 2004

Session 3, Continued (8:00am - 9:00am)

Normal and Abnormal Sleep: Populations at Risk

Co-Moderators: *Emmanuel Mignot, M.D., Ph.D., President, Sleep Research Society; Russell Morgan, Dr.PH, President, Spry Foundation*

8:00am – 8:20am	Chronic Medical Disorders (pain, cancer, infection, lung) <i>Conrad Iber, M.D.</i>
8:20am – 8:40am	Occupational Groups (shiftwork, transportation, health care, military) <i>Mark R. Rosekind, Ph.D.</i>
8:40am – 9:00am	Discussion

Session 4 (9:00am – 11:15am)

What is Translation and What Is Its Objective?

Co-Moderators: *Gregory Morosco, Ph.D., M.P.H., Director, Office of Prevention, Education, and Control, NHLBI; Russell Morgan, Dr.PH, President, Spry Foundation*

9:00am – 9:20am	Translational Opportunities & Lessons Learned: Public Health <i>Hector Balcazar, Ph.D., M.S.</i>
9:20am – 9:40am	Translational Opportunities & Lessons Learned: Health Care <i>Judy Sangl, Sc.D.</i>
9:40am – 10:00am	Translational Outcomes (How to Develop Performance Models; HEDIS) <i>L. Gregory Pawlson, M.D., M.P.H.</i>
10:00am – 10:20am	Break
10:20am – 10:40am	A Dissemination and Implementation Model <i>Richard J. Schuster, M.D., M.M.M.</i>
10:40am – 11:15am	Discussion

Session 5 (11:15am – 12:15pm)

Concurrent Action Group Panels

During the group panels, the following issues will be discussed as they pertain to the group topic:

- Populations at risk (including under-served, under-represented populations)
- Opportunities for improving public health
- Barriers to implementing change
- Action items and timeline
- Stakeholder perspectives

Group A: Neurocognitive (Learning and Memory)

Group B: Performance (Work Accidents, Drowsy Driving)

Group C: Cardiovascular Disease

Group D: Obesity and Diabetes

Group E: Psychiatric Disorders

12:15pm – 1:15pm Lunch

Session 5, Continued (1:15pm – 3:00pm)

Concurrent Action Group Panels

3:00pm – 3:15pm Break

Session 6 (3:15pm – 5:30pm)

Action Group Reports: A Call to Action

Co-Moderators: *Carl E. Hunt, M.D., Director, NCSDR; William C. Dement, M.D., Ph.D., Director, Stanford University Sleep Disorders Center*

3:15pm – 4:30pm	Group Reports
4:30pm – 5:30pm	Discussion: Final Recommendations
5:30pm	Adjourn

Hotel Information

A block of rooms has been reserved for this conference at the Four Points by Sheraton Bethesda hotel. A special group rate of \$129/night, single/double occupancy, plus all applicable taxes, is available on a first-come, first-served basis until February 25, 2004, or as long as rooms are available. Make your reservation by calling the toll-free number 1-800-325-3535 or online via <http://www.fourpoints.com/attendmeeting>. You must reference the **"Sleep Conference"** group #1341 in order to secure the special discounted rate.

The Four Points hotel is within walking distance to the Natcher Center Auditorium, or you may utilize the hotel's complimentary shuttle service. Shuttles run every hour on the ½ hour starting at 7:30am.

Four Points by Sheraton Bethesda
8400 Wisconsin Avenue
Bethesda, MD 20814
Phone: (301) 654-1000
Fax: (301) 986-1715

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Registration Form

Registration Information – Please type or print clearly

First Name: _____ Middle Initial: _____ Last Name: _____

Professional Certification: _____

Institution: _____

Department: _____

Address: _____

City: _____ State: _____ Postal Code: _____ Country: _____

Phone: (_____) _____ Fax: (_____) _____ Email: _____

Primary Area of Interest/Specialty: _____

Registration is FREE

2 Ways to Register

Online: <http://www.sleeptranslation.com>

Fax: (708) 492-0943
Attn: Meeting Department

Session 5: Concurrent Action Group Panels (11:15am - 3:00pm, Tuesday, March 30)

Please rank order your top three choices from 1-3 with 1 as your top choice.

_____ Group A: Neurocognitive (Learning & Memory)

_____ Group B: Performance (Work Accidents, Drowsy Driving)

_____ Group C: Cardiovascular Disease

_____ Group D: Obesity and Diabetes

_____ Group E: Psychiatric Disorders



TRANS-NIH SLEEP RESEARCH COORDINATING COMMITTEE

Member Institutes/Centers and Representatives

October 2003

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